

# WOMEN'S MUSCLE-BUILDING WORKOUT

with Dumbbells

\*Increase weight in Week 3

WEEK 1	WEEK 2	WEEK 3*	WEEK 4
3 Sets of each exercise	3 Sets of each exercise	4 Sets of each exercise	4 Sets of each exercise
<b>Day 1</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 30-second planks	<b>Day 1</b> 10 Chest Press 10 Shoulder press 10 Dumbbell rows 30-second planks	<b>Day 1</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	<b>Day 1</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
<b>Day 2</b> 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 2</b> 10 Goblet squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 2</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	<b>Day 2</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
<b>Day 3</b> Cardio 30-second side planks	<b>Day 3</b> Cardio 30-second planks 30-second flutter kicks	<b>Day 3</b> Cardio 30-second planks 30-second reverse crunches	<b>Day 3</b> Cardio 30-second planks 30-second reverse crunches
<b>Day 4</b> REST	<b>Day 4</b> REST	<b>Day 4</b> REST	<b>Day 4</b> REST
<b>Day 5</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	<b>Day 5</b> 10 Push-ups 10 Shoulder press 10 Dumbbell rows 10 Chest press	<b>Day 5</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks	<b>Day 5</b> 6 Chest Press 6 Shoulder press 6 Dumbbell rows 30-second planks
<b>Day 6</b> 10 Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 6</b> 10 Goblet Squats 10 Side Lunges 10 Deadlifts 10 Hip Thrusts	<b>Day 6</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts	<b>Day 6</b> 7 Goblet squats 7 Side Lunges 7 Deadlifts 7 Hip Thrusts
<b>Day 7</b> Cardio 30-second planks	<b>Day 7</b> Cardio 30-second planks	<b>Day 7</b> Cardio 45-second planks	<b>Day 7</b> Cardio 45-second planks

# Workout Routine For Creators And Bloggers Best Way To Home Workout

**N Noddings**



## **Workout Routine For Creators And Bloggers Best Way To Home Workout:**

This book delves into Workout Routine For Creators And Bloggers Best Way To Home Workout. Workout Routine For Creators And Bloggers Best Way To Home Workout is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Workout Routine For Creators And Bloggers Best Way To Home Workout, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Workout Routine For Creators And Bloggers Best Way To Home Workout
    - Chapter 2: Essential Elements of Workout Routine For Creators And Bloggers Best Way To Home Workout
    - Chapter 3: Workout Routine For Creators And Bloggers Best Way To Home Workout in Everyday Life
    - Chapter 4: Workout Routine For Creators And Bloggers Best Way To Home Workout in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Workout Routine For Creators And Bloggers Best Way To Home Workout. This chapter will explore what Workout Routine For Creators And Bloggers Best Way To Home Workout is, why Workout Routine For Creators And Bloggers Best Way To Home Workout is vital, and how to effectively learn about Workout Routine For Creators And Bloggers Best Way To Home Workout.
  3. In chapter 2, the author will delve into the foundational concepts of Workout Routine For Creators And Bloggers Best Way To Home Workout. The second chapter will elucidate the essential principles that must be understood to grasp Workout Routine For Creators And Bloggers Best Way To Home Workout in its entirety.
  4. In chapter 3, the author will examine the practical applications of Workout Routine For Creators And Bloggers Best Way To Home Workout in daily life. This chapter will showcase real-world examples of how Workout Routine For Creators And Bloggers Best Way To Home Workout can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Workout Routine For Creators And Bloggers Best Way To Home Workout in specific contexts. The fourth chapter will explore how Workout Routine For Creators And Bloggers Best Way To Home Workout is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Workout Routine For Creators And Bloggers Best Way To Home Workout. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Workout Routine For Creators And Bloggers Best Way To Home Workout.

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### **Workout Routine For Creators And Bloggers Best Way To Home Workout Introduction**

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